

Intro/Beginner	Drill	Drill	Drill	Drill	Drill
Free	Surface Kick with Board	Streamline kick	Kick on side	Shark Fin Kick	One arm free
Back	Surface Kick arms on side	Streamline Kick on back	Kick-one arm on side/one extended	Flag Pole Kick	One arm back
Breast	Breast kick with board	Streamline kick	Kick on Back	Pause 3 drill	Breast arms-free kick
Fly	Surface kick with board	Streamline Kick	Kick on back	Kick on Side	Fly arms-free kick
Yellow/Blue/Age Group	Drill	Drill	Drill	Drill	Drill
Free	Surface Kick-arms extended	6 kick switch	Catchup Free	One arm/other on side	10 kick/3 stroke switch
Back	Surface Kick-arms extended	6 kick switch	Catchup backstroke	One arm/other on side	10 kick/3 stroke switch
Breast	Surface Kick-arms extended	2 kick-1 stroke	2K-stroke/1 K-stroke	Scull with flutter kick	3/2/1 timing drill
Fly	Surface Kick-arms extended	One arm/other extended	Scull stroke with flutter kick	4 right/4 left	4 in front/4 in back k drill
Junior/Senior/National	Drill	Drill	Drill	Drill	Drill
Free	Long Doggy Paddle	3 touch free	3 quarter catchup free	Fist Free	Hand Slap Pause
Back	3 scull drill	2/2/2 drill	3 touch back drill	Fist Back	Hand Slap Pause
Breast	3-2-1 Kick/Stroke drill	1 up/1 down breath drill	2 over/2 under drill	Double Catch	Breast with dolphin kick
Fly	UW recovery drill	2/2/2 drill	2 over/4 under	Catchup fly	Fist/Open Fly